



*"People helping  
people help  
themselves."*

*Division of  
Mental Health  
and Addictions*

Logansport State Hospital

# The Spectrum

## Employee of the Month

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EOM: Kathy Hacker

January Employee of the Month  
Kathy Hacker, Psychiatric Social  
Services Specialist 3  
Larson 2 North

Larson co-worker and Rehab Therapist Bridgett Lawson submitted the nomination of Kathy Hacker, Psychiatric Social Services Specialist for Employee of the Month. She explains, "Kathy has gone above and beyond the everyday expectations of a Social Worker in recent months. She has stepped up and covered another unit while a coworker was off for an ill family member and now in the retirement of the same social worker. During the transition time of filling yet another social worker position on the service line, Kathy picked up even more clients, carrying 2-1/2 units at one time. During all of this, Kathy has kept up with all of her groups and treatment team responsibilities without missing a beat. Kathy shows compassion in her work and interacts with families in a positive manner. She is such a valuable asset to the Larson 2 North Treatment Team as well as Larson Treatment Center as a whole. Kathy also volunteers her time for things such as the fall carnival and the Gift Lift program to support patient programs."

Terry Schrock, Psychiatric Social Services Director, adds his endorsement and explains, "Kathy was recently promoted to Social Services Specialist 3, is on the Human Rights Committee, her documentation is almost always 100%; all this while recently covering other units."

Pam Kindem, Larson Service Line Manager, adds, "Kathy is very deserving of this recognition. She has voluntarily taken on additional responsibilities and has always been willing to help in any way she can to provide the services necessary for the patients. As the comments and observations of this nomination indicate - she is deserving of this recognition."



# SPYKE THE PSYCHE



## Respect People At Holiday Time

The solution to the holiday blues seems obvious to people who love this time of the year. "Just cheer up," they say. "Just get into the holiday spirit."

Just is a criticism," said Dr. Jon Allen, senior psychologist at the Menninger Clinic and professor of psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. "If you say to someone who has the holiday blues, 'Just cheer up,' it is actually going to make that person more upset." The J-word minimizes a person's sad or down feelings and the effort it takes to overcome them, Dr. Allen said. "We all have fantasies that the holidays should be glorious and fulfilling," Allen said. "Some people may have an idyllic experience. For most people, however, the holidays will fall short of expectations especially for the many people dealing with having love ones in Iraq or recently losing a close friend or family member.

A better approach than saying "you just need to have some fun!" is to invite your friend or loved one to spend time with you. People who are feeling depressed seek seclusion and avoid the company of others. Low-key activities can help elevate their mood.

"People who are feeling sad appreciate any effort you make to engage them, like asking them out for coffee, because it activates them," Allen said. "They don't have the steam to do it on their own. With encouragement they can do it." Take them out. Invite your friend or loved one to a low-key activity, like a movie or small diner with close friends.

Without giving advice, concentrate on listening to the feelings and concerns of your friend or loved one. "Remember, don't admonish them to cheer up or put pressure on them to change their mood," Allen said.



### **SPECTRUM**

Logansport State Hospital  
1098 S. State Rd. 25  
Logansport, Indiana 46947

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Darrin Monroe.....Editor & Photographer..ext. 3803  
Tressa Bowman.....Supt. Secretary .....ext. 3634  
Chris Taylor .....Comm. Services.....ext. 3709  
Maureen Guimont.....Personnel.....ext. 3626  
Brian Newell .....Librarian .....ext. 3712  
Marjorie Potts .....Staff Development.....ext. 3801  
Erica Deeter.....Housekeeping. ....ext. 3689

There are many forms of depression to treat. Depression isn't the same for everyone. Depression is personal, depression can be biological, and depression can be treated. There is a difference between having depressed feelings, which are temporary, and being ill with depression. The diagnosis of depression is based on over two weeks of persistent symptoms of depression. Some signs of depression or mania are:

- Constant sadness
- Persistent anxiousness or a feeling of emptiness, hopelessness, worthlessness
- Irritability or guilt
- Change or loss in interests
- Insomnia or over sleeping
- Diminished interest or pleasure in activities and friends
- Weight loss or weight gain
- Suicidal thoughts
- Restlessness, irritability
- Physical symptoms can occur
- Manic behavior
- Inappropriate social behavior

Reference: "J-word makes people with holiday blues see red", Baylor College of Medicine, January 31, 2007.

# Art-'n-facts

## Longcliff Museum Art-'n-facts

### Cliff Investment In Second Hand Bus Pays Dividends In Patient Services

A \$150 investment by the Logansport State Hospital in a 47-passenger bus on January 9, this year, has been paying substantial dividends in improved patient morale, according to Dr. John Southworth, hospital superintendent.

Obtained as a government surplus from the Crane naval depot, the bus has been used this year to carry patients to a wide variety of activities such as baseball and football games, picnics, swimming and bowling events as well as for scenic rides through the countryside.

Typical of the morale-boosting uses, the bus is put under the supervision of Gene Darby, Director of Activity Therapies at Longcliff, who planned three trips during the past week.

On Monday night the bus carried the patients who are members of the Logansport State Hospital band to Westville, Ind., where they provided music for a dance at the Norman Beatty Memorial Hospital.

On Thursday it carried another group of patients on a ride through the country and through Logansport, but the highlight of the week came yesterday when a busload of patients were taken to Indianapolis to see the Butler football game.

Passes had been obtained for a total of 55 persons for the game in Butler Bowl, a group of Longcliff employees having accompanied the bus in a station wagon to supervise the patients during the game.

The bus stopped in Clinton County on the way back so the patients could be fed by members of the Clinton County Mental Health Association.

"We feel that attendance at activities such as this is therapeutic for our patients and is of help to them in their endeavor to attain recovery from their illness," said Dr. Southworth.

It is enlightening to hear some of the remarks made during outings such as this by patients who may not have been off the hospital grounds for years, the superintendent reported. It is obvious that they are thrilled by the experience and in some cases it may be just the mental boost that is needed to help start them on the road to recovery, he indicated.

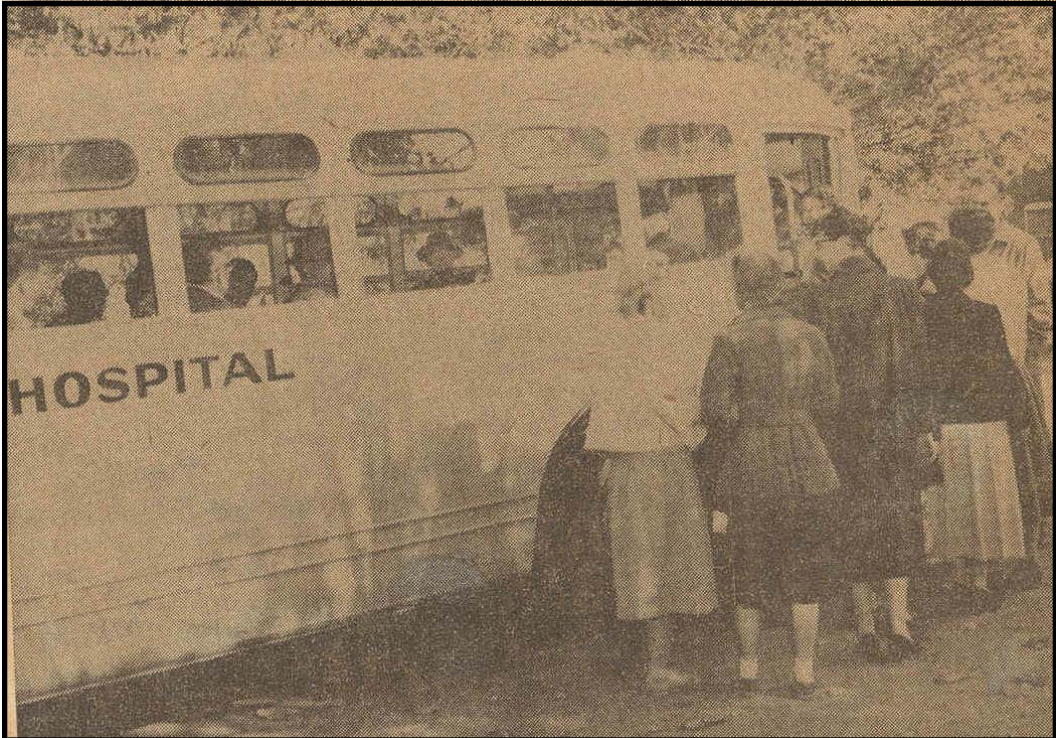
"The selection of patients for the bus trips depends upon the nature of the activity. Various staff members such as the psychiatric aides, therapists, nurses, or ward doctors may recommend that a particular patient be included in a trip," Dr. Southworth explained.

The bus is easily recognizable, green with a cream colored top and the name, "Logansport State Hospital," on the side in black letters.

Several employees in the Longcliff Recreation Department have passed the necessary tests for a public passenger license so they can serve as drivers for the bus whenever the occasion requires.

All of the trips are cleared through Darby. During the past summer the bus was used every Sunday morning to take a group of patients to the local swimming pool for a swim. It also was used regularly to bring patients to the bowling alley to bowl, and on special occasions passes were obtained for baseball games in Indianapolis and Kokomo so the patients could see the Indians and the Dodgers play in their respective cities.

Darby is working out a schedule by which wards of older patients will be taken on scenic tours of this area once a month. Longcliff officials feel that the benefits far outweigh the comparatively small expense of gasoline and maintenance of the \$150 bus.



Logansport State Hospital patients are shown above boarding the bus which was purchased by the state from the Navy as government surplus. It is used at least three times a week to take patients on trips. (Pharos-Tribune 10-13-1957)



# Step It Up 2007

*By: Sarah Rutschmann*

*Step It Up 2007* was a countywide initiative originated by Logansport Memorial Hospital to promote increased physical fitness and improved health of all Cass county residents. There were approximately 500 registered participants, fifty-four of which were from LSH. The goal was for participants to increase their average daily steps. The program began August 19th and concluded November 10th. Each participant was charged a registration fee, but received with that a pedometer, t-shirt, and ability to win some great prizes!

Participants were eligible for weekly prizes by turning in their total step count during the week. Those names were all collected by Memorial Hospital from the drop off sites (LSH Allied Health Clinic, Logansport Memorial Hospital Lobby, Logansport Mall, and the YMCA) and entered in a drawing held each Monday morning. Sue Bennett from LSH was one of the lucky winners of a foot bath and Subway sandwich.

In conjunction with the *Step It Up 2007* challenge, a north versus south inter-hospital challenge was held between LSH and Evansville State Hospital. The weekly numbers used in the *Step It Up 2007* event were used for this challenge. ESH has had a HUGE lead in steps over LSH.

On November 10th a 5K walk/run was sponsored by *Step It Up 2007* and was held at River Bluff Trail to celebrate the closing ceremonies of the twelve weeks of walking. T-shirts were distributed to all registered *Step It Up 2007* participants. six of the fifty-four LSH registered participants joined us that brisk morning with laces tied and smiling faces for the beautiful morning walk among the fall-colored trees. The six participants were: Shelly Schrock, Ramona Weiss, Polly Grandstaff, Kim Fowler, Peg Nolte, and Sarah Rutschmann. Thanks ladies for sharing your morning with us.

*STEP IT UP LSH!!! Just keep walking*



# HIS WEEK

Health Information Services (HIS) celebrated Health Information Technology Week on November 5th through November 9th.



HIS staff from L-R: Wilma Camp-Fisher, Jo Curtis- Bamberg, Ruth (Buttons) Smith, and Kim Killian.



*After thirty-seven years of hard work and dedication,  
it's time to take a vacation!  
Please join us as we offer  
Dr. Donald Rutschmann  
best wishes in his retirement*







To  
Sue Bennett






# *Farewell*

## To Stacy Shilts



# FRESH FEATURE

## Leg Deskercises

### Sit on Air

Strengthen your weary, neglected legs as you have a “seat.” If you have a wall and two to four minutes, try this exercise once a day. You’ll definitely feel the results!

Stand with your back against a wall, feet apart, keeping them about 16 inches from the wall. Lower yourself into a seated position, keeping feet flat on the floor, and hold for 15 to 30 seconds. Return to standing position and relax for 30 seconds. Repeat the exercise three times. Do not bend your knees beyond a 90-degree angle.





Environmental Services consists of Housekeeping and Laundry

The housekeeping and laundry services started at LSH in 1888 with a lot of assistance from the patients. Clothing has seen a lot of changes with no ironing now and women wearing very few dresses and men wearing suits and white shirts. Wash and Wear and anything goes. Housekeeping has seen drastic changes from the procedures to the type of equipment and chemicals used. Previously housekeeping consisted of three shifts and laundry two shifts. We have downsized over the years and Environmental Services is now one department consisting of forty-four staff. This includes one director, two supervisors, four laundry assistants, one store clerk, and thirty-six housekeepers, with four being carpet cleaners.

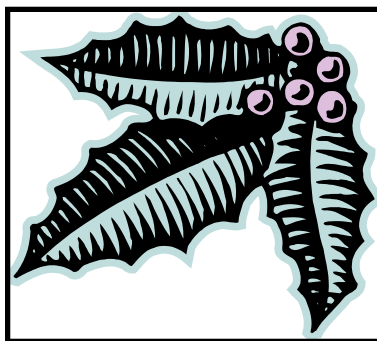
Our laundry was outsourced in February of 2007 to PEN Products with five workers left in the laundry department. Housekeeping has thirty-six housekeepers and two supervisors. Housekeeping has seven day coverage with limited staff on weekends and holidays. Laundry is five day coverage with limited work on some holidays. We provide services to Juvenile Intake, North Central Juvenile Correctional Facility, Hospitality Houses, MOD cottage, cottages including contract staff housing. We clean and maintain approximately 530,000 square feet of living and work space. We assist with furniture placement and inventory. We have a modern Clothing and Shoe Store for patients. We assist with all the admission of patients and provide personal clothing and linens for patients. We provide an unclaimed clothing area, we work closely with Infection Control, Inventory, Purchasing, Material Management, and Maintenance, as well as the exterminator for pest control. Environmental Services also assists with patient payroll to help rehabilitate our patients for future jobs.

We strive to maintain and provide quality services in a cost efficient manner and meet all hospital standards.





Environmental Services Staff from L-R. Front Row: Alicia Meacham, Melissia Goze, Deb Horner, Steph Helvie, and Kathy Packard. Row 2: Linda Williams, Earnie Samuels, Ruth Shaffer, Kathy Lybrook, Teresa McMahan, Bonnie Van Meter, Lisa Solomon, Kathryn Johnston, Donna Geisler, Pam Davis, and Jennifer Storey. Row 3: Diana Rhea, David Graham, Joyce Fillmore, Polly Grandstaff, Marcia Black, Jenny Black, Julie Miller, Jina LaOrange, and Vicky Hinkle. Row 4: Jackie Cain, John Freels, Mike Cotner, Jesse McCarty, Betty Smith, and Angela Clemans. Not pictured: Angie Rechkemmer, Edna Chandler, Erica Deeter, Janet Hayes, Kris Hunt, Barbara Gochenour, Jamie Johnson, Tom Smith, Pam Taulman, Brenda Phillipy, Michael Prophitt, and Deb Yerk.



# Christmas Gift Lift 2007

Well, Christmas is almost here and our elves at the Christmas Cottage have been hard at work wrapping and organizing the patients' gifts for distribution on December 18<sup>th</sup> so the patients will have presents to open on Christmas morning! Our "elves" are really volunteers from a local church that comes year after year to help us! We definitely could not do it without them! They are truly a blessing to Community Services an LSH. Thank you Christmas Wrappers!



Photo by: Shadi Haghani

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## Culinary Corner

Makes a Happy Christmas Recipe  
(Every Thing Needed is FREE)

Cup of Love  
Cup of Patience  
Cup of Kindness  
Cup of Goodness  
Cup of Faithfulness  
Cup of Gentleness  
Cup of Self-Control  
Cup of Joy  
Cup of Peace

Mix ingredients together and get a loving and happy Christmas.



## UPCOMING EVENTS

December 19<sup>th</sup> – 3:30 – Catholic Mass

December 19<sup>th</sup> – 1:00 – 3:30 – Patient Christmas Program

December 20<sup>th</sup> – 3:30 – Creative Writing in the Library

December 20<sup>th</sup> – 6:30 PM – LHS Swing Choir performing in the auditorium

December 21<sup>st</sup> – Sid Sitter in the Library

December 27<sup>th</sup> – Creative Writing

December 27<sup>th</sup> – Clinton Co Gold Ladies @ Dodds 2E 9:00 AM & CLW/L!E @ 10:00 AM

December 28<sup>th</sup> – Sid Sitter in the Library

January 3<sup>rd</sup>, and every Thursday @ 3:30 Creative Writing in the Library

January 4<sup>th</sup> & every Friday Sid Sitter in the Library

January 9<sup>th</sup> – Blood Drive in the Auditorium

January 16<sup>th</sup> – Catholic Mass @ 3:30 in the Chapel

January 24<sup>th</sup> – Clinton Co Gold Ladies @ Dodds 2E 9:00 AM – CLW/L1E @ 10:00 AM

# Who Am I?

Can you guess who this is?

If you can, call Darrin Monroe at # 3803 or e-mail: [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by January 11. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free "Jumbo" soft drink at the Hillside Café.

Winners will be announced in the next Spectrum.

Need a hint?  
He maintains a lot.

Find out who this is in our next issue.

Last Issue:



David Graham



The correct guess and winner of a free Jumbo size drink is: Ramona Weiss.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.